

## Welcome to the Bedford Council on Aging

A Department of the Town of Bedford serving Bedford residents 60 and older, their families, and our multi-generational community

Located in the Town Center Building  
12 Mudge Way, Bedford , MA 01730  
781-275-6825 (-5673 fax)  
COA@town.bedford.ma.us COA@town.bedford.ma.us

### Hours:

Monday through Friday, 8 a.m. to 4 p.m.; Saturday, Noon to 4 p.m.

- have a cup of coffee and chat in the Kitchen Table Room
- use computers, find resources, read a book in our Library
- take fitness classes including aerobics, weight strengthening, yoga, meditation, Tai Chi, line dancing, and walking
- attend informational programs on health, legal, financial and other issues
- expand your horizons with art classes, humanities lectures, trips and many other educational, social, and recreational events!
- play pool, bridge, and other games in the Game Room
- learn about and arrange in-home care for yourself or family members
- call for transportation to medical appointments, to talk about concerns about yourself or a family member, or for help with other aging-related difficulties
- talk about your life challenges and interests with others who understand in support and discussion groups
- receive health services, including screenings, podiatry, flu shots, and more!

Those 60 and older are eligible for all services and activities; All Bedford residents are eligible for assistance with elder service coordination for themselves, their family members, or others; all may attend programs if space is available. All programs and services are offered free except for classes, trips, and some workshops.

Inclusion of a service provider in this Directory does not constitute an endorsement of that service provider by the Town of Bedford , the Bedford Council on Aging or the agents of either.

### Books

Bedford Public Library

781-275-9440; bedfordlibrary.net

Library books, videos, tapes delivered to and retrieved from homebound Bedford residents.

### Emergency Services

Bedford Fire Department  
911 for emergencies or  
781-275-7262

Emergency medical care and medication and oxygen delivery during storms.  
Bedford Police Department  
911 for emergencies or  
781-275-1212

Assistance in crime and violence-related emergencies.  
Emergency Information  
Elder Watch Program  
Bedford Fire Department  
911 for emergencies or  
781-275-7262

An opportunity for residents to provide information about medical needs for use by EMTs in an emergency.

**File of Life**

Bedford Council on Aging,  
781-275-6825

Bedford Fire Department  
911 for emergencies or  
781-275-7262

An information sheet and holder for emergency medical personnel available at the Bedford Council on Aging or the Fire Department.  
ESL and Other Services for Those Whose First Language Is Not English  
Bedford Council on Aging  
781-275-6825

English-as-a-Second Language Classes and other programs for all Bedford seniors.  
Greater Boston Chinese Golden Age Center  
617-357-0226; [Gbcgac.org](http://Gbcgac.org)  
A variety of services. Call for eligibility.  
Bedford Public Library  
781-275-9440; [www.bedfordlibrary.net/](http://www.bedfordlibrary.net/)

A variety of materials in various languages.

Family Caregivers  
Information and Referral  
Bedford Council on Aging  
781-275-6825

Information and referral to local, statewide and national resources; classes.  
Minuteman Senior Services  
888-222-6171; 781-272-7177;  
[www.Minutemansenior.org](http://www.Minutemansenior.org)

Information and referral to resources, care advisement, assistance planning, caregiver training.  
Bedford Public Library  
781-275-9440; [www.bedfordlibrary.net/](http://www.bedfordlibrary.net/)

Information on resources.  
Carleton-Willard At Home  
781-276-1910; [www.cwathome.org](http://www.cwathome.org)

Access to screened providers of discounted in-home services such as maintenance, plumbing, landscaping, in-home health care, housecleaning, etc. Membership fee.  
Eldercare Locator  
1-800-677-1116; [www.eldercare.gov](http://www.eldercare.gov)

Referral to service agencies nationwide for elders and those with disabilities.  
Respite Care  
Minuteman Senior Services  
888-222-6171; 781-272-7177;  
[www.Minutemansenior.org](http://www.Minutemansenior.org)

In-home care; Call for eligibility, costs.  
Walden Rehabilitation  
978-369-6889; [www.Waldenrehab.com](http://www.Waldenrehab.com)  
Respite, short-term in-patient care; Call for eligibility, costs.

Billerica Crossings  
978-667-0898; [www.benchmarkquality.com/Communities/Billerica/index.asp](http://www.benchmarkquality.com/Communities/Billerica/index.asp)  
Respite, short term in-patient care; Call for eligibility, costs.

Atria Longmeadow Place  
781-270-9008;  
[www.atriaseniorliving.com](http://www.atriaseniorliving.com)  
Respite, short term in-patient care; Call for eligibility, costs.

**Support Groups**  
Emerson Hospital  
978-369-1400; [www.Emersonhospital.org](http://www.Emersonhospital.org)

Variety of support groups  
Lahey Clinic  
781-744-5100; [www.Lahey.org](http://www.Lahey.org)

A variety of support groups  
Cooperative Elder Services  
781-863-1166; [www.Elderdayservices.com](http://www.Elderdayservices.com)

Caregiver support group  
Financial Assistance  
Money Management  
Money Management Program  
Minuteman Senior Services  
888-222-6171; 781-272-7177;  
[www.Minutemansenior.org](http://www.Minutemansenior.org)

Assistance in paying bills and managing money, organizing bills, writing checks for client's signature, balancing checking account for those who meet income and age requirements.  
Consumer Credit Counseling Service  
1-866-9347; [www.creditcounseling.org](http://www.creditcounseling.org)

Counseling and other assistance to help reduce debt and learn money management.

Employment  
Wiser Worker Program  
Bedford Council on Aging  
781-275-6825

Job matching for Bedford residents 60+.  
The Career Place  
781-932-5500; TTY 781-932-5552;  
[www.careerplacejobs.com](http://www.careerplacejobs.com)

Job placement assistance.  
Food and Nutrition  
The Bedford Café  
Minuteman Senior Services  
781-275-8542; [www.Minutemansenior.org](http://www.Minutemansenior.org)

Nutritious lunches served 3 days per week (M-W-F). \$3 donation requested. All those 60 and over are eligible. Sign up at least three days in advance.

Meals on Wheels  
Minuteman Senior Services  
888-222-6171; 781-272-7177;  
[www.Minutemansenior.org](http://www.Minutemansenior.org)

Lunches and dinners delivered five days per week. \$2 donation requested for lunches, \$2 for cold dinners. Frozen dinners for weekends. Homebound and 60+ are eligible.

Bedford Community Table and Pantry, Inc.

781-275-7355

Groceries and a weekly supper at 5 p.m. on most Thursdays at the Town Center . The supper is not held in the summer. You must meet income requirements and be a Bedford resident for pantry; all may come to the supper.

#### Food Stamps (SNAP)

Department of Transitional Assistance

866-950-3663/Mass.gov/dta

Provides discount food coupons to those who meet eligibility requirements, including income limits.

#### Government Benefits

Health Insurance

Medicare

1-800-633-4227; [www.Medicare.gov](http://www.Medicare.gov)

Health coverage for in-patient and out-patient care for those who are 65 and meet eligibility requirements.

#### MassHealth/Medicaid

Mass Office of Health and Human Services

888-665-9993; [www.Mass.gov/Masshealth](http://www.Mass.gov/Masshealth)

Health coverage for costs not paid by Medicare for those who meet income and other eligibility requirements. Call MassHealth for an application or call for a SHINE appointment for assistance with application.

#### QMB/SLMB (Senior Buy-In)

Mass Office of Health and Human Services

888-665-9993; [www.Mass.gov/Masshealth](http://www.Mass.gov/Masshealth)

QMB and SLMB programs pay Medicare premiums, copays and deductibles for those who meet eligibility guidelines, including income guidelines. Call Masshealth for an application or make an appointment with SHINE for assistance in filling out application.

#### Financial Benefits

Fuel Assistance

Community Teamwork, Inc.

An annual cash benefit to help pay for heating fuel for those who meet income and other requirements. Those 60 and over may apply by making an appointment at the Council on Aging, 275-6825. Those who are younger than 60 should call Bedford Youth and Family Services at 781-275-7727.

Social Security  
Social Security Administration  
1-800-772-1213; [www.Ssa.gov](http://www.Ssa.gov)

Cash benefit to retirees who meet age and working qualifications.

Supplemental Security Income  
Social Security Administration  
1-800-772-1213;  
[www.socialsecurity.gov/ssi/index.htm](http://www.socialsecurity.gov/ssi/index.htm)

Supplement to Social Security for Social Security recipients who meet income requirements.

Veterans and Military Retirees Benefits Assistance

Veterans Agent

781-275-1328

Help with veterans benefits and other issues, available Thursdays from 2 till 7 p.m. for unscheduled appointments and other days as necessary.

Retiree Activity Office

Hanscom AFB  
781-377-2476; [hanscom.af.mil/rao/index.asp](http://hanscom.af.mil/rao/index.asp)

Help with military retiree benefits.

Health

Alzheimer's Disease

Minuteman Senior Services

888-222-6171; 781-272-7177

[www.Minutemansenior.org](http://www.Minutemansenior.org)

Free in-home consultation and caregiver training for those who meet eligibility requirements.

Alzheimer's Association

1-800-272-3900; [www.Alzmass.org](http://www.Alzmass.org)

Information and referral, other services.

Cooperative Elder Services

781-863-1166; [www.Elderdayservices.com](http://www.Elderdayservices.com)

On-site daytime care at area sites.

Carleton-Willard At Home

781-276-1910; [www.cwathome.org](http://www.cwathome.org)

Access to screened providers of discounted in-home services such as maintenance, plumbing, landscaping, in-home health care, housecleaning, etc. Membership fee.

Complaints about Health Care and Coverage

**MassPRO**

1-800-252-5533; [www.Masspro.org](http://www.Masspro.org)

Resolves complaints about inadequate hospital care, including early discharges for all Medicare beneficiaries. Call MassPRO immediately when you have a concern about a discharge or other Medicare coverage-related situation.

**Medicare**

1-800-633-4227; [www.Medicare.gov](http://www.Medicare.gov)

Questions/complaints about claims for all Medicare beneficiaries.

**Medicare Advocacy Project**

**Greater Boston Legal Services**

1-800-323-3205; [www.Gbls.org/map](http://www.Gbls.org/map)

Advice and legal representation to Medicare beneficiaries who have problems with Medicare coverage.

**Department of Public Health**

**Division of Health Care Quality**

1 800-462-5540; [www.State.ma.us/dph/dhcq](http://www.State.ma.us/dph/dhcq)

Resolves complaints about inadequate care and abuse in hospitals and nursing homes.

**Dental Care**

**Middlesex Community College**

781-280-3250; [www.Middlesex.mass.edu/DHclinic](http://www.Middlesex.mass.edu/DHclinic)

Low cost dental hygiene by supervised students in Lowell .

**Services for Those with Disabilities**

**Massachusetts Office on Disability**

800-322-2020; [www.State.ma.us/mod](http://www.State.ma.us/mod)

Information, technical assistance, and advocacy for people with disabilities.

**Massachusetts Commission for the Deaf & Hard of Hearing**

1-800-882-1155;

1-800-530-7570 TTY;

[www.Mass.gov/mcdhh](http://www.Mass.gov/mcdhh)

Case management, sign language classes & support groups.

**Mass. Comm for the Blind**

800-392-6450; [www.Mass.gov/mcb](http://www.Mass.gov/mcb)

Variety of services for those who meet eligibility requirements.

Perkins School for the Blind  
617-924-3434; [www.Perkins.org](http://www.Perkins.org)

Variety of services for those who meet eligibility requirements.

Massachusetts Rehabilitation Commission  
800-245-6543; [www.State.ma.us/mrc](http://www.State.ma.us/mrc)  
Vocational rehabilitation, independent living, employment services, van and home modifications, home care assistance.

Fitness Programs  
Bedford Council on Aging  
781-275-6825;  
Aerobics, weight strengthening, Tai Chi, yoga, meditation, line dancing classes for Bedford residents. A class fee is charged. Sign up at the COA.

Bedford Recreation Department  
781-275-1392; [www.Bedfordrecreation.org](http://www.Bedfordrecreation.org)  
Classes and sports, seasonal swim lessons and swimming for all Bedford residents. A class fee is charged. Sign up by calling the Recreation Dept.

Massachusetts Senior Games  
413-748-3812; [www.Maseniorgames.org](http://www.Maseniorgames.org)  
Athletic competition for all Massachusetts seniors. Call the Senior Games to sign up.

Carleton-Willard At Home  
781-276-1910; [www.cwathome.org](http://www.cwathome.org)

Fitness activities. Membership fee.

Hospice

Palliative Care Federation  
1-800-962-2973; [www.Hospicefed.org](http://www.Hospicefed.org)  
Referrals to hospice programs.

Information  
Bedford Council on Aging  
Free brochures, pamphlets and flyers. Programs on various aspects of maintaining and enhancing health for all Bedford residents.

Emerson Hospital Library  
978-287-3090; [www.Emersonhospital.org](http://www.Emersonhospital.org)

Health information, journals.



## Insurance Coverage and Benefits

SHINE/Minuteman Senior Services, available at Bedford COA

Counseling on health care coverage and related benefits. Call the COA at 781-275-6825 for an appointment.

## Drug Assistance Programs of various drug companies

Free or low-cost drugs to those who meet guidelines. Contact physician.

## Medical Equipment Loan

Bedford Board of Health

781-275-6507

Loan of small durable medical equipment such as canes, walkers, commodes, and shower seats to Bedford residents.

Bedford Council on Aging

781-275-6825;

Wheelchair loans for up to 3 months.

## Health Services

Bedford Board of Health

781-275-6507

Free influenza and pneumococcal immunizations for Bedford residents. Medicare and/or HMO Insurance cards are needed for reimbursement (to the Town) purposes.

Bedford Council on Aging

781-275-6825;

Basic foot care, health screenings.

## Mental Health Services

Bedford Youth and Family Services

781-275-7727

Confidential individual, family and group counseling related to family life and adjustment issues for all Bedford residents. Resource and referral information about entitlement programs and other resources.

Eliot Community Mental Health Center

1-978-369-1113

[www.Eliotchs.org](http://www.Eliotchs.org)

Services for adults and families: individual and family treatment, group therapy, support groups, medication consultation.

AAD Counseling Center  
781-275-2122; [www.aadcounselingcenter.com](http://www.aadcounselingcenter.com)

Mental health counseling.  
Support Groups  
Bedford Council on Aging  
781-275-6825

Discussion and information sharing on various topics for all Bedford residents 60+. Call COA to find out topics and when the groups will be held

Emerson Hospital  
978-369-1400  
[www.Emersonhospital.org](http://www.Emersonhospital.org)

A variety of support groups.

Lahey Clinic  
781-744-5100; [www.Lahey.org](http://www.Lahey.org)

A variety of support groups

Grief Services

Spousal Loss Support Group

Emerson Hospital  
781-894-1100; [www.Emersonhospital.org](http://www.Emersonhospital.org)

Support group for all those who have recently lost a spouse or significant other.

Home Safety  
Council on Aging, Board of Health, Fire Department, Police Department  
Home visits to make safety recommendations regarding fire, crime, and injury prevention. From fire department, assistance maintaining smoke detectors. Call Council on Aging at 781-275-6825 to set up.

Housing  
Bedford Council on Aging  
781-275-6825;  
Information about housing options.

Bedford Housing Authority

781-275-2428; [www.Bedfordhousing.org](http://www.Bedfordhousing.org)

Subsidized housing for the those who meet age/income requirements. Call to receive an application or download from the website.

Carleton-Willard Homes

275-8700; [www.Carleton-Willard.org](http://www.Carleton-Willard.org)

A Continuing Care Retirement Community with independent living, assisted living and nursing care. Call for an application or a tour.

In-Home Care

Home Health Care

Metropolitan Home Health Services

781-643-9115

Home health aides, personal care aides, homemakers, overnight care, skilled services - RN, PT, OT.

LivHome

617-527-1663; [www.livhome.com](http://www.livhome.com)

A variety of home care services

Minute Women, Inc

781-862-3300; [www.Minutewomeninc.com](http://www.Minutewomeninc.com)

Referral and placement for home health aides, homemakers, companions, cleaning, child care.

VNCH (Visiting Nurse and Community Health)

781-643-6090, ext. 1308

[www.Thevisitingnurses.com](http://www.Thevisitingnurses.com)

Skilled nursing, PT, OT, ST, MSW, home health aides, case management, nutrition, homemaker.

Emerson Hospital Home Care

978-287-8300; [www.Emersonhospital.org/support/home\\_care/](http://www.Emersonhospital.org/support/home_care/)

Skilled nursing, PT, OT, SP, MSW, Psych. Nursing, home health aids, disease management programs.

Right at Home

781-275-1400; [www.bostonnorthwest.rightathome.net](http://www.bostonnorthwest.rightathome.net)

Home health aides, personal care aides, homemakers, overnight care, skilled services - RN, PT, OT.

Mommies on the Move

978-663-6667

[www.mommiesonthemove.com](http://www.mommiesonthemove.com)

House cleaning, organization, errands

Elder Day Care

Cooperative Elder Services

781-863-1166; [www.Elderdayservices.com](http://www.Elderdayservices.com)

Supervision by R.N.s; social/recreational activities; specialized services for Alzheimer clients; respite; transportation; hot lunch. There are a number of sites in area locations.

Information and Referral/Evaluation, Service Arranging and Coordination

Bedford Council on Aging

781-275-6825

Information and referral to local, statewide and national resources to Bedford residents and Bedford residents who are caregivers of elders who may or may not live out of state. Assistance in finding and arranging in-home services.

Minuteman Senior Services

888-222-6171; 781-272-7177;

[www.Minutemansenior.org](http://www.Minutemansenior.org)

Free information and referral to local, statewide and national resources, will do home visit and consultation. Free case management to those who meet income and age requirements. Private pay case management is available to those over income.

Eldercare Locator

1-800-677-1116; [www.Eldercare.gov](http://www.Eldercare.gov)

Referral to service agencies nationwide for elders and those with disabilities.

Executive Office of Elder Affairs

1-800-243-4636; [www.800AGEINFO.com](http://www.800AGEINFO.com)

Statewide information and referral for elder services on a wide range of home care services.

Bedford Board of Health

781-275-6507

In-home health assessments, evaluation, information and referral, emotional support and reassurance, and other nursing services (non-hands-on) for Bedford residents.

Carleton-Willard At Home  
781-276-1910; [www.cwathome.org](http://www.cwathome.org)

Access to screened providers of discounted in-home services such as maintenance, plumbing, landscaping, in-home health care, housecleaning, etc. Membership fee.

Legal Assistance  
Information

Bedford Council on Aging  
Resource Library  
781-275-6825

Free brochures, pamphlets and flyers; free loan of books and videos on health, financial, legal, housing and other issues. Call before coming to ensure that the Library will not be in use.

Bedford Council on Aging educational programs  
781-275-6825

Presenters on health, financial, and legal issues. Watch for programs in the COA newsletter or newspapers.

Legal Services  
Bedford Council on Aging legal counseling  
781-275-6825

Answers to basic legal questions by a volunteer attorney by appointment.  
Greater Boston Legal Services  
617-371-1234; 617-603-2700; [www.gbls.org/elderly/index.htm](http://www.gbls.org/elderly/index.htm)  
Legal services on housing, guardianship, benefits, and other issues for those who are eligible.

Nursing Home Services  
Information and Referral  
Bedford Council on Aging  
781-275-6825

Information and referral about local facilities and choosing a nursing home.

Aging Information Center  
Minuteman Senior Services

888-222-6171; 781-272-7177;  
[www.Minutemansenior.org](http://www.Minutemansenior.org)

Information and referral to local, statewide and national resources for all.  
Free pre-admission Screening for Medicaid recipients or applicants and private pay screening for others.

Advocacy for Hospital Patients and Nursing Home Residents

Department of Public Health

Division of Health Care Quality  
1 800-462-5540; [www.State.ma.us/dph/dhcq](http://www.State.ma.us/dph/dhcq)

Resolves complaints about inadequate care and abuse in hospitals and nursing homes.  
Eliot Community Health Services Ombuds Program  
781-861-0896; [www.Eliotchs.org](http://www.Eliotchs.org)

Advocacy for nursing home residents and families who have complaints or concerns about the facility and to have their complaints addressed.

Repairs and Odd Jobs  
Friends of the Bedford Council on Aging Fix It Shop  
781-275-6825

Repair of clocks, watches, lamps, and a variety of items for the cost of parts and, sometimes, a minimal charge for labor. Donations welcome. Tues/Weds. 9 a.m. - noon. Closed in the summer.

Bedford Youth and Family Services  
781-275-7727

Matching of Bedford youth to residents needing assistance with odd jobs, lawn mowing, snow shoveling, babysitting, and other chores.

Carleton-Willard At Home  
781-276-1910; [www.cwathome.org](http://www.cwathome.org)

Access to screened providers of discounted in-home services such as maintenance, plumbing, landscaping, in-home health care, housecleaning, etc. Membership fee.

Social and Recreational Programs  
Bedford Council on Aging  
781-275-6825;

Social events, trips, classes, groups  
Friends of the Bedford CO A  
781-275-6825

Social events, trips, volunteer opportunities for members. The fee is \$3 for single or \$5 for a family.

Carleton-Willard At Home  
781-276-1910; [www.cwathome.org](http://www.cwathome.org)

Social and recreational events. Membership fee.

Elderhostel  
800-454-5768; [www.Elderhostel.org](http://www.Elderhostel.org)  
Trips for those 55 and older.

Bedford Recreation Department  
781-275-1392; [www.Bedfordrecreation.org](http://www.Bedfordrecreation.org)

A variety of activities including mystery walks and classes on arts and crafts, music, gardening, financial issues and much more! A fee is charged. Sign up by calling the Recreation Department.

Bedford Public Library  
781-275-9440; [www.bedfordlibrary.net/](http://www.bedfordlibrary.net/)

Movies, lectures, and other programs.

## **MILES**

Middlesex Community College  
800-818-3434;  
<http://www.middlesex.mass.edu/CareerTraining/Miles%20info.htm>

A program offering college-level courses to seniors taught by volunteers on a wide variety of subjects. Fee.

Security  
Bedford Police Department  
781-275-1212

Well-being checks, security checks of home, extra patrols when homeowner away; assistance with concerns about crime prevention, traffic, etc. Go to station to set up checks of homes while away; Call Police for well being checks and other immediate concerns. Call Officer Kristen Dineen at 781-275-1212 for concerns and questions.

## **Transportation**

General Destinations  
Bedford Local Transit

781-275-2255

Wheelchair accessible van door-to-door within Bedford and to destinations via fixed route. A fee is charged (discounted card available). Call 781-275-6825 for info. Partially funded by MBTA.

THE RIDE from the MBTA

1-800-533-6282; [www.Mbta.com](http://www.Mbta.com)

Wheelchair-accessible rides for those with disabilities who qualify. Purchase of tickets required at nominal fee. Call COA or MBTA for an application.

MBTA Bus

617-222-3200; TTY 617-222-5146

[www.Mbta.com](http://www.Mbta.com)

Bus service between Bedford , Lexington , Arlington , and Alewife.

SCM Community Transportation

617-625-1191; [Scmtransportation.org](http://Scmtransportation.org)

Wheelchair accessible transportation to medical appointments. A fee is charged.

Alter-Ride Van Service

978-758-9490; [www.Alter-ride.com](http://www.Alter-ride.com)

Wheelchair accessible. A fee is charged. Call to arrange rides.

To Medical Appts. (non-ambulance)

Bedford Council on Aging

781-275-6825

Some rides are in taxis funded by Carleton-Willard Village , others by volunteers. Bedford residents 60+ who have no other means of transportation and who are able to enter and leave vehicle unassisted are eligible.

American Cancer Society

781-894-6633, x. 2631; [www.Cancer.org](http://www.Cancer.org)

Offers rides by volunteers to cancer treatment centers. Call the ACS.

Ride-Right

978-534-6696

Wheelchair accessible transportation to medical appointments. Fee is charged.

Trinity Ambulance/Chair Car

978-441-9999

Wheelchair accessible transportation to medical appointments. A fee is charged; accepts Medicare and Medicaid.

Carleton-Willard At Home

781-276-1910; [www.cwathome.org](http://www.cwathome.org)



Access to screened providers of discounted in-home services such as maintenance, plumbing, landscaping, in-home health care, housecleaning, etc.. Membership fee.

#### Violence and Abuse Prevention and Response

##### Protective Services Program

##### Minuteman Senior Services

888-222-6171; 781-272-7177 (after business hours, call 800-922-2275)

[www.Minutemansenior.org/protect.html](http://www.Minutemansenior.org/protect.html)

Comprehensive Services for elders living at home who are self-neglectful and those who are being abused, neglected, or financially exploited by family, caregivers, or others.

##### Bedford Police Department

911 in emergencies, or 781-275-1212 for non-emergencies; Bedfordpd.org

Assistance in situations involving violence and abuse. Officer Kristen Dineen is the Senior Liaison Officer and can be reached at 781-275-1212.

##### Reach

781-891-0724 (main number during business hours)

800-899-4000 (hotline, always open)

[www.Reachma.org](http://www.Reachma.org)

Support group, help with police and court procedures, and emergency shelter for women who are victims of domestic violence.

##### Domestic Violence Victim Assistance Program (DVVAP)

888-399-6111; [www.dvvap.org](http://www.dvvap.org)

Assistance to families with domestic violence issues